



YOU R

S E V E N **DAY**

WASTE **R** EDUCTION

DIA R Y



T H *i* S

W A S T E

R E D U C T I O N

D I A R Y

B E L O N G S T O :





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[A MESSAGE]
from THE MINISTER OF
THE ENVIRONMENT

IN JUST SEVEN *days*, by using this waste reduction diary, you can learn how to cut the amount of garbage you produce by more than half.

And by reducing waste, you will help ensure that our children and future generations will inherit a better environment.

Canadians produce more garbage per person than just about any other country in the world. Every year in Ontario, we throw out enough garbage to fill up the SkyDome in Toronto to twice the height of the CN Tower. Much of what we throw away can be—and should be—Reduced, Reused and Recycled.

But we're changing quickly—thanks to Ontario residents who have taken up the 3Rs with enthusiasm. This booklet will help you to learn how you can do even more to cut back the amount of garbage you produce.

If we practice the 3Rs to the utmost, we should have only a small amount of waste left to go to landfill.

The goals of Ontario's Waste Reduction Action Plan are to reduce our solid waste by at least 25% by the end of 1992 and by at least 50% by the year 2000. We have made excellent progress, but there is still much more to be done. Working together, we can make Ontario a world leader in waste reduction.

Use *Your 7-Day Waste Reduction Diary* to help you and your family decrease the amount of household waste you produce. Your efforts do make a difference. Thanks to you, Ontario's Waste Reduction Action Plan is working.

Ruth Grier
Minister

Ruth Grier





– HOW – TO USE THE **WASTE** REDUCTION *DIARY*

DOING A 7-DAY *waste diary* is simple. It is similar to a “waste audit” now being done by many Ontario companies. Just count the things you throw out as “garbage” for one week... That’s right: Count the garbage you make. By keeping track of what and how much you throw out, you will discover new ways of reducing waste.

Trash or treasure? When you look at what you throw away, you’ll begin to see resources where you used to see garbage. Kitchen scraps and grass clippings used to be garbage. Now they’re welcome additions to your compost pile. Cans and newspapers that used to fill your garbage now fill your Blue Box. They’re valuable materials that we can use again and again.

At the end of the seven days, ask yourself and your family: When we throw things away, where is “away?” Are we throwing out too much garbage? Have our ideas about what is “garbage” changed?

Use the waste reduction diary as the starting point for a family discussion about what you throw away. Then make your own plan to Reduce, Reuse and Recycle, and watch your garbage shrink.

TURN PAGE ►
AND PULL OUT ►
CENTRE FOLD ►



Your PERSONAL 7-day WASTE REDUCTIC

PAPER



Newspapers
Junk mail, flyers
Stationery
Towels, tissues
Boxboard (cereal/
cracker boxes)
Corrugated cardboard
Bags, packaging
Magazines
Phone books
Other paper
(including waxed)

GLASS



Bottles
Jars
Light bulbs
Windows, mirrors
Drinking glasses
Dishes, china

METAL



Other
Cans
Aluminum foil,
packaging
Bottle caps
Clothes hangers

ORGANIC



Other
Kitchen scraps,
leftovers
Yard, garden waste
Grease, fat, meat,
cooking oil
Houseplants
Sweepings (dustpan,
vacuum cleaner)
Other

Day 1

2

TIPS for DOING A WASTE REDUCTION DIARY

DIARY

3

4

5

6

7

TOTAL

- HAVE EVERYONE IN THE HOME PARTICIPATE. (Also encourage your neighbours and friends to do a waste reduction diary).
- READ OVER THE DIARY FORM. Note the different material categories:

PLASTIC



Bags (shopping, milk, dry cleaning)

Beverage bottles

Food containers/
meat trays

Shampoo, lotion
bottles

Plastic used to
wrap food

Foam packing
materials

Other

HAZARDOUS



Batteries (household
& vehicle)

Used motor oil

Paint, varnish,
thinners

Old medicine

Drain, oven cleaners

Pesticide containers

Bleach, disinfectant
containers

Spray cans

Other

OTHER



Drinking boxes

Disposable diapers,
wipes

Sanitary napkins,
tampons

Clothing, shoes

Furniture, appliances

Pet litter

Construction Waste

Tires

Toys

Other

Paper, Glass, Metal, Organic, Plastic, Hazardous and Other.

■ PUT A CHECK MARK in the right material category each time you throw something out. Add up the marks at the end of the week.

ridge magnet goes here

[illegible]

- **KEEP THE DIARY IN A HANDY SPOT** (make room on the fridge door) so everyone can fill it out or have one person be the “keeper of the diary.”



TIPS

for DOING *a* PERSONAL WASTE REDUCTION ACTION *p*LAN

1

The 3Rs work best when practised in the correct order.
Reduce first, then Reuse, then Recycle.

2

Try the waste reduction checklist for some ideas on reducing waste.

3

Note how you will Reduce, Reuse or Recycle each item.

EXAMPLE 1

[Under "Paper" list the items you're currently throwing out (i.e. paper towels).
Under "Reduce" write: "Use rags cut out of old T-shirts, pyjamas, etc."]

EXAMPLE 2

[If you have listed "boxboard" under the "paper" category, under "Reuse" write:
"Cut down boxes into drawer dividers. Or reuse for boxing gifts."]

EXAMPLE 3

[Under "Organics" you might list "sweepings" and in the "reduce" column write:
"Empty the dustpan and vacuum cleaner into the compost bin."]

4

Household members could put their initials beside the items
for which they will take responsibility.

5

Remember: Only the recyclables collected by your municipality
go into the Blue Box. If you're not sure what should go in,
call your local municipal office.





YOUR PERSONAL **WASTE** REDUCTION *p*LAN

<i>How Will We Do It</i> →	R REDUCE	R REUSE	R RECYCLE
PAPER			
GLASS			
METAL			
ORGANIC			
PLASTIC			
HAZARDOUS			





A

WASTE REDUCTION CHECKLIST

- | | ALWAYS | SOMETIMES | RARELY | NEVER |
|--|--------------------------|--------------------------|--------------------------|--------------------------|
| 1 I avoid buying products with excess packaging. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 My household uses environmentally sensitive cleaning products. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 My household recycles newspapers. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 My household recycles glass bottles and cans. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 I buy recycled products whenever possible. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6 My household composts kitchen and garden wastes. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7 I buy second hand goods whenever possible. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8 I use my own bag for purchases I make at the store. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9 I use both sides of a sheet of paper before I recycle it. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10 I repair things instead of throwing them away. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 11 I exchange books, videos, cassettes, toys and clothes with friends instead of buying new ones. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 12 I avoid buying food and beverages in single-serving containers. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 13 I give away my old clothes. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 14 I save hazardous wastes (batteries, paint supplies) for special pick-up or disposal at special waste sites. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 15 I take a lunch to school or work in reusable bags and containers. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 16 I use rechargeable batteries instead of disposables, and plug in whenever possible. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 17 I reuse containers and wrappings instead of throwing them away. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 18 I use washable dishes, cups and cutlery instead of plastic or paper ones. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 19 Before throwing anything away, I think how it might be reused. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 20 I remind other household members about the 3Rs, and their proper order: Reduce, Reuse, Recycle. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |





ONTARIO'S WASTE REDUCTION ACTION *plan*

Announced February 21, 1991 by
The Honourable Ruth Grier
MINISTER OF THE ENVIRONMENT

ITS GOALS ARE...

To reduce the amount of waste going to disposal
in Ontario by at least 25 per cent in 1992 and by at least
50 per cent by the year 2000*

*THE PERCENT REDUCTIONS ARE FROM 1.1 TONNES PER PERSON
OF SOLID WASTE SENT TO DISPOSAL IN 1987 BY ALL ONTARIO
HOUSEHOLDS, INDUSTRIES, BUSINESSES, AND INSTITUTIONS.

THE PLAN IS TO ACHIEVE THESE WASTE REDUCTION GOALS IN *four ways...*

- 1 -

By introducing effective laws that make waste reduction
a higher priority than waste disposal.

- 2 -

By working with businesses and institutions to reduce waste
and to use and make products containing recycled materials.

- 3 -

By making waste reduction programs financially healthy.

- 4 -

By giving people the information they need to reduce waste.





MAKING *it* HAPPEN

THE ONTARIO GOVERNMENT has passed a new law giving it the powers to implement Ontario's Waste Reduction Action Plan. For example, recycling will be mandatory in almost all municipalities and most major industries will have waste reduction programs in place. Garbage incinerators, which pollute the environment and harm efforts to reduce waste, will no longer be allowed to be built in Ontario.



INSTEAD OF SHIPPING IT *far away*—"out of sight, out of mind"—Ontario communities will have to manage their own waste as close to home as possible. At the same time, new rules will make it easier for communities to establish recycling and composting facilities. The amount of funding has been greatly increased for expanded community recycling and composting programs.



WORKING IN PARTNERSHIP WITH BUSINESS, community groups and municipalities, the Ontario Government is funding and testing new ideas for making products which use less material and energy. It is also helping the development of products which can be recycled or made of recycled material.



MANUFACTURERS ARE ALSO BEING *encouraged* to become more responsible for their products and the waste which they generate. Recently, for example, the petroleum industry in partnership with the Ontario Government launched a program for the collection of used oil.



THE PROVINCIAL GOVERNMENT is doing its part to reduce the amount of garbage produced in its buildings through the "Green Workplace" program. This program is now being promoted to the private, institutional and municipal sectors.



IN THE END, it is people who make garbage. To help them become more "wastewise", the government has implemented a province-wide information and education program, including a major waste reduction education program in Ontario schools.





WASTE

REDUCTION: *It's* WORKING

THE BLUE BOX *works!* Each year, nearly three million Ontario households help redirect more than 400,000 tonnes of valuable resources from landfill. Materials from the Blue Box are going to market.



HOW ARE WE *doing?* We recycle more than half of Ontario's newsprint, 40% of corrugated cardboard, 33% of container glass and 52% of PET plastic. We also recycle 20% of gypsum and 52% of wood waste.



WHERE DOES IT *all go?* Used paper, plastics, newsprint, glass, steel, aluminum, wood and rubber materials are being re-processed into hundreds of new products, as well as being recycled back into fine paper, newspapers and containers.



DIG THIS! About 800,000 Ontario homes use their backyard composters to divert up to one third of their waste from disposal. Finished compost enriches the earth in their lawns and gardens. Many people also separate leaf and yard materials for collection and composting by their municipality.



PITCHING IN *at work.* Seven out of ten Ontario companies have office waste reduction programs. Hospitals, government buildings, more than 3,000 schools and hundreds of industries participate actively in reducing waste.



GOING *DOWN!* Based on the most current information from the first half of 1992, it is projected that there will be no more than 7.6 million tonnes of Ontario waste to be disposed of inside or outside our boundaries. This represents a 21 per cent drop to 0.8 tonnes per person from the 1987 base year. With a little more effort, Ontario will meet or exceed the 25 per cent reduction target by the end of 1992.





FOR *more* INFORMATION

For *100 Ways to Reduce Your Wasteline*, information on composting, additional copies of this booklet or other ministry publications on waste issues:

Public Information Centre, Ministry of the Environment
135 St. Clair Avenue West, Toronto, Ontario M4V 1P5
(416) 323-4321, or toll-free 1-800-565-4923

Recycling Council of Ontario
Suite 504, 489 College Street, Toronto, Ontario M6A 1A5
(416) 960-0938, or toll-free 1-800-263-2849

To have your name removed from direct mailing lists:
Canadian Direct Marketing Association
Suite 607, One Concorde Gate, Don Mills, Ontario M3C 3N6
(416) 391-2362

For information about waste reduction programs and services in your municipality, contact the department in your municipality responsible for waste reduction and waste management services.

SUGGESTED READING

Two Minutes a Day for a Greener Planet: Quick and Simple Things You Can Do to Save Our Earth (Harper Collins, 1990) by Marjorie Lamb

The Canadian Green Consumer Guide (McClelland & Stewart, 1990; 2nd Edition) by Pollution Probe in consultation with Warner Troyer and Glenys Moss

Trash Attack (Douglas & MacIntyre, 1990) by Candace Savage

Home and Family Guide: Practical Action for the Environment
by The Harmony Foundation of Canada, Ottawa, 1990.



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Environment
Environnement

